

The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

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Nuclear Surety Inspection teams arrive

By
Tyler Hemstreet
Staff writer

Base officials welcomed members of the Air Mobility Command Inspector General team and Defense Threat Reduction Agency Wednesday as they arrived to conduct the operational phase of McChord's Nuclear Surety Inspection.

The team's focus is on three graded major areas throughout the inspection: nuclear surety program management and administration, the personnel reliability program and logistics movement, said Tom Thompson, 62nd Airlift Wing Safety nuclear surety manager.

The teams will also accompany the 4th Airlift Squadron on a Prime Nuclear Airlift Force mission, Mr. Thompson said.

Air Force leadership recently released the Nuclear Enterprise Roadmap, a document directed by the Secretary of the Air Force to address cultural and systemic challenges across the service's nuclear forces. The roadmap is cited as vital to improving Air Force stewardship of the bomber, missile and associated logistics capabilities forming the foundation of America's strategic nuclear deterrent, according to Air Force officials.

Despite the increased scrutiny toward all nuclear programs, Mr. Thompson said the high standard here hasn't changed.

"This won't change what we do," he said. "In the last 15 years, what we do here hasn't changed, and our attention to detail has remained top-notch."

The 62nd AW's nuclear surety pro-



Col. Jeffrey Stephenson, 62nd Airlift Wing commander, greets Col. Jerry Martinez, Air Mobility Command Inspector General, Wednesday on the flightline.

gram has won an Air Force Safety Award eight of the last nine years.

The nuclear surety program management and administration area looks at wing leadership's involvement in the program; the PRP area focuses on the 62nd Medical Squadron, the 4th Airlift Squadron and the 62nd Mission Support Group; and the logistics movement area looks at the 4th AS's ability to conduct the missions, the 62nd Maintenance Group's role in preparing the aircraft and the command post and 62nd Aerial Port

Squadron's roles in the program, Mr. Thompson said.

Each area receives a separate grade contributing to the wing's overall grade of pass or fail, he said.

"We're expecting the highest possible grade in all three areas," Mr. Thompson said. "As the only PNAF unit in the Air Force, it is a responsibility the wing and the nuclear surety office take very seriously."

The 62nd AW PNAF mission maintained a constant state of readiness, as shown most recently by the results

of the 2007 short-notice, multiple-agency NSI, said Maj. Jeffrey Meyers, chief of PNAF operations for the 4th AS.

"We look forward to once again showcasing the wing's number one no-fail mission," said Major Meyers. "We take tremendous pride in our highly-focused program, which is grounded in extensive training, high standards, precise execution and support through leadership commitment at all levels."

The inspection concludes Monday.

Team McChord begins 'year of the test'

By
Staff Sgt. Eric Burks
62nd Airlift Wing Public Affairs

With the holiday season over, Team McChord members are now rested and facing the challenges of a new year.

The first major inspection of 2009 kicked off Wednesday as members of the Air Mobility Command Inspector General team and Defense

Threat Reduction Agency arrived to conduct the operational phase of McChord's Nuclear Surety Inspection.

The NSI tests every aspect of the wing's Nuclear Surety Program and examines the units that perform the Prime Nuclear Airlift Force mission.

Next up is a local mobility exercise Feb. 6 - 13, designed to prepare the wing for the Operational Readiness Inspection Oct. 25 - Nov. 1. Two further exercises outside of the local area are scheduled in May and September to give McChord Airmen addi-

tional practice prior to the ORI.

Additionally, McChord hosts the Air Mobility Rodeo July 19 - 25. Rodeo, sponsored by Air Mobility Command, is the Mobility Air Force's readiness competition, according to AMC. The competition focuses on improving the professional combat skills of U.S. and multinational combat airlift forces.

Base housing privatization is also ongoing, and joint basing details are being ironed out this year. Initial Operational Capability of Joint Base Lewis-McChord is Jan. 2010.

Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 43 Low: 33	Hi: 44 Low: 39	Hi: 45 Low: 37

Forecast generated at 7 a.m. Thursday
Courtesy of the 62nd Operations Support Squadron

Countdown to success

MOBEX	20	days
Rodeo	192	days
Operational Readiness Inspection	290	days

Don't miss it ...

Flu shots available

Flu Vaccine is now available for active duty family members and retirees at the Immunizations Clinic here. For more information, call 982-5189.

Stop identity theft, protect personal information at all costs

By

Maj. George Kinney
62nd Communications Squadron

Two weeks before Christmas, I was sitting in my office listening as one of my coworkers relayed how someone stole their identity and accessed their account. This is a common story. Each time we hear it, we are outraged and ask how it could have happened.

Quite honestly, we make it easy each time we fail to protect personal and professional documents that require personally identifiable information (date of birth, social security number, etc). However, if we follow three simple steps, we can reduce these risks.

Mark it as For Official Use Only: Regular use of Privacy Act cover sheets on documents, Privacy Act labels on disks and Privacy Act Statements on email signals the

recipient to protect this information.

Protect it as if it were your own information: As with any sensitive information; ensure there is a “need to know.” Use e-mail encryption, network folder permissions, cover sheets and secured storage are simple ways to reduce the risk.

Additionally, regularly review your personal and professional files and remove unnecessary personally identifiable information from documents or shred outdated documents.

Report it immediately: If you suspect a compromise of personally identifiable information, report it immediately to your supervisor or Privacy Act Officer. By reporting a compromise, you allow each person to take action to mitigate his or her risk.

Annually, we mark the new year by making resolutions. This year, make a resolution and commit yourself to safeguarding your information and that of your wingman.

If you’re looking for a reason to deploy ... look no further

By

Chief Master Sgt. John Heasley
62nd Aerial Port Squadron

As I prepared for my last Air Expeditionary Force deployment, a young NCO asked me why I was going. He asked that since I had done my time in the desert and put in my retirement paperwork, why was I volunteering for another tour to Afghanistan? Especially considering that I was in Afghanistan in 2001, Iraq in early 2003, had completed two short tours to the Middle East, and returned from Balad Air Base the previous September. Well, the answer on the surface was simple and to the point. However, realizing not everyone has the same perspective as I do, I decided to answer the question by benchmarking one of my last commander’s favorite methods; so, here it is ... the top 10 reasons to deploy:

10. Leaders, lead from the front. All too often we send our Airmen out to the Area of Responsibility and wave goodbye to them; yet, at least once in our career we should get on the bus so when Airmen come to us with issues we can empathize and help.

The most important thing about leadership is that we have followers. Start with leading yourself and work your way up to leading a team.

9. It re-blues you. Every time I come back from the desert they say I look like Papa Smurf. Nothing gets your heart pounding like the sound of turbo props, the smell of jet fuel burning off as the temperature rises to more than 140 degrees ... ah, the distinct sounds and smell of air power.

8. You get to try new experiences. For instance, did you ever want to test drive a High Mobility Multipurpose Wheeled Vehicle or Mine Resistant Ambush Protected vehicle, but couldn’t find the dealer? Well, you’ll be the envy of your high school reunion when you tell friends that your other car has a machine gun mounted on it.

7. Because you were told to. In your oath of service, you promised to obey the orders of the officers appointed over you. The military is not a democracy — sometimes you are asked for your opinion and sometimes you are not.

6. You get to meet some really cool people. So far I’ve met former President Clinton, the vice president, secretary of defense, secretary of state, foreign heads of state, Jesse Jackson, and profession-

al athletes.

5. \$3.50 a day! Plus other benefits like: great facilities, free movies, Morale, Welfare, and Recreation events, and great food at some locations.

4. Gives you a needed change of pace. Ever want to pack your stuff and get away from it all? Well, deployments offer amazing travel opportunity.

3. It lets you appreciate the finer things in life. Man, oh man, it makes you appreciate home, if nothing else.

2. You get to hone your skills. You get to test all of those things you learned in Professional Military Education courses (and thought would never work). Put your physical training prowess through the ringer when you hit the ground running; test your mettle against insurgents, and develop a great ability to dress and get to the bunker at high speed during incoming attacks.

1. We are a nation at war. America will always be the land of the free as long as it remains the home of the brave.

So, pick a reason to deploy from the list above or pick none; it doesn’t matter ... the bottom line is we need able-bodied Airmen who lead from the front.

The Sharp Airman ...

Is always professional and prepared during an inspection

- Has a good attitude — training is completed and rules are memorized. The only further step to take that can impact the outcome of the inspection is to have the right attitude.

- Just does it — knows the answer, and demonstrates that knowledge.
- Always treat events as if they are real. Don’t give an inspector an explanation of what should be done, actually do it until the inspector says stop.
- Takes the initiative. If the inspector finds something wrong, take the initiative and correct it on the spot if possible and while the inspector is there!

Professionals of the week

62nd Medical Squadron

Tech. Sgt. Letecia Johnson

Duty title:
NCOIC Dental Clinic

Duty section:
Dental clinic

Hometown:
Moses Lake, Wash.

Why she's tops:

Sergeant Johnson proved herself an outstanding asset as the 62nd Medical Squadron was redesignated as part of joint basing. As dental clinic NCOIC, she raised dental readiness rates for 4,000 62nd Airlift Wing Airmen and geographically separated personnel to an all time high of 99 despite the transition of more than 20 positions from Air Force to Army. Additionally, she provided exceptional oversight to the dental portion of the Personnel Reliability Program, supporting the Air Force’s No. 1 “no-fail” mission. Sergeant Johnson also stepped up to serve as additional duty training manager when the primary position was eliminated.



Airman 1st Class Katrina Brinkopf

Duty title:
Aerospace medical service journeyman

Duty section:
Airman’s clinic

Hometown:
Lenexa, Kan.

Why she's super:

Airman Brinkopf provides support for seven physicians with 4,000 enrolled beneficiaries. She is a superbly adaptable team player and was key to the development of the Airman’s Clinic. She was chosen as an immunization back-up technician — one of only four percent of her entire career field. She also augments the preventive health assessment clinic, directly contributing to a wing PHA compliance rate of 99 percent. Her outstanding contributions enabled her flight to capture the 2008 Air Mobility Command Team Aerospace of the Year Award.



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AMC delivers equipment supporting peacekeeping operations in Darfur

By

1st Lt. Justin Brockoff

618th Tanker Airlift Control Center Public Affairs

SCOTT AIR FORCE BASE, Ill. — Air Mobility Command will assist a U.S. Africa Command-led operation to airlift equipment into the Darfur region of Sudan in support of United Nations and African Union peacekeeping missions, according to AMC officials.

The operation was announced Monday by President George W. Bush during a media availability with First Vice President to the Government of National Unity of Sudan, Salva Kiir. During the session President Bush detailed U.S. support to include movement of 240 containers worth of equipment by the Department of State, and airlift of equipment from Rwanda by the Department of Defense.

AMC aircraft, supporting missions designated by U.S. Africa Command, will fulfill the Department of Defense portions of the operation by moving the Rwandan equipment into Darfur. The equipment is scheduled to be transported by U.S. Air Force C-17 Globemaster III cargo planes, with command and control coordination provided by AMC’s 618th Tanker Airlift Control Center at Scott Air Force Base.

“U.S. Africa Command identified the need for airlift to U.S. Transportation Command, who gave the 618th Tanker Airlift Control Center the tasking as the military’s point of contact for global airlift,” said Maj. Gen. Mark S. Solo, 618th TACC commander. “618th TACC personnel planned the missions, allocated aircraft and crews to fly the missions, and we will stay in close contact with the crews to execute the missions through completion.”

The 618th TACC coordinates an average of 900 airlift and air refueling missions each day, and can seamlessly redirect these missions to support emerging requirements for contingency or humanitarian relief operations.

According to General Solo, as soon as U.S. Transportation Command identifies a situation as requiring U.S. military airlift, the 618th TACC begins posturing mobility forces to be able to respond to various scenarios. He said this “posturing” may include placing aircraft and crews in alert status, meaning crews are on standby and ready to launch in three hours or less from notification.

In addition to supporting U.S. warfighters in Iraq and Afghanistan, AMC’s global mission includes airlift in response to global events, such as the case with moving the equipment for peacekeeping operations into Darfur.

In 2008, the 618th TACC coordinated humanitarian airlift relief along with U.S. Air Forces in Europe, as the Air Force delivered 587 tons in needed supplies, including food, cots, blankets, generators, and medical supplies, to people displaced by conflict in the Republic of Georgia.

During Hurricanes Ike and Gustav, the 618th TACC coordinated hundreds of aircraft sorties resulting in movement of more than 9,045 evacuees, nearly 600 medical patients, and 1,379 tons of equipment to support relief efforts in the Gulf Coast region.

“Airlift operations are a key element for the 618th TACC and AMC,” said General Solo. “We operate 24-hours-a-day, seven-days-a-week to move people and equipment on a global scale. AMC forces, beginning with the 618th TACC, make delivering necessary, timely support a reality anywhere in the world.”



Photos by Staff Sgt. Eric Burks

Stepping up

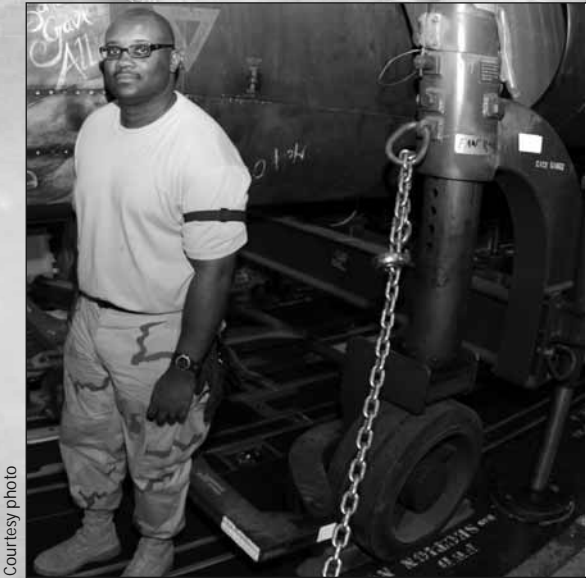
Top: Tech. Sgt. Phillip Narcis, 62nd Civil Engineer Squadron, is congratulated by Col. Jeffrey Stephenson, 62nd Airlift Wing commander, Dec. 31 after being informed of his Stripes for Exceptional Performers promotion.

Above: Chief Master Sgt. Cary Hatzinger, 62nd Airlift Wing command chief, left, and Colonel Stephenson tack on rank Dec. 31 for Tech. Sgt. Jennifer Torres, 62nd Maintenance Group. Colonel Stephenson also presented a STEP promotion to Master Sgt. Scott Winchell, 62nd Aerial Port Squadron, (not pictured). Master Sgt. Winchell received the good news over the phone at his deployed location.



McChord Airmen

AROUND THE WORLD



SOUTHWEST ASIA - Master Sgt. Howard Smith, 62nd Aerial Port Squadron, stands near a U-2 Dragon Lady during a recent deployment.



IRAQ - Master Sgt. David Swory, 62nd Force Support Squadron, far left, lower row, celebrates the holiday season with other deployed servicemembers during a recent deployment.



Washington National Guard now mobilized for local snow removal

CAMP MURRAY, Wash. (AFNS) — The Washington National Guard officials mobilized nearly 200 citizen Soldiers and Airmen in response to record snow fall in the Spokane area. Their mission started Thursday and will focus on removing snow, which has accumulated on the roofs of area schools.

“The unprecedented snow accumulation has necessitated this unique measure in order to ensure the safety of school structures,” said 1st Lt. Keith Kosik, the state public affairs officer for the Washington National Guard.

The additional provision of personnel and resources stems from an emergency proclamation issued by Gov. Chris Gregoire on Wednesday. The proclamation authorizes Maj. Gen. Timothy J. Lowenberg, the state adjutant general, to use the Washington National Guard to aid state and local jurisdictions in their response efforts to recent winter storms.

“We have broken nearly every snow record imaginable in the series of storms we have seen in the last three weeks,” said Spokane County Sheriff Ozzie Knezovich. “Our community needs this help.”

Guard officials are working with Spokane County officials, who have prioritized the clearing

of school roofs. The Associated Press reported that schools in the Cheney and Medical Lake school districts will get the first assistance.

The National Weather Service has estimated that the existing snow is placing a load of about 25 pounds per square foot roof on roofs designed to hold 30 to 40 pounds.

Rain forecast to follow the snow this week will add significant new weight, the agency told the Associated Press.

Lieutenant Kosik said many schools are closed because of the snow accumulation and will probably not reopen until the Guard members’ work is complete.

Since Dec. 30, shifts of Airmen from the 141st Air Refueling Wing of the Washington Air National Guard have used snow removal vehicles to clear roads in the Spokane community.

The 141st’s Logistics Readiness Supply Warehouse at Fairchild Air Force Base, Wash., has also been damaged by excessive snow accumulation. Multiple truss failures has resulted in 4-inch sag in the roof, Lieutenant Kosik said.

The warehouse has been evacuated and a building assessment will be conducted to determine the extent of the damage and how to repair the bowing beams.



Names to Note

- The 62nd and 446th Maintenance Squadrons were recently nominated for Air Mobility Command’s 2008 Maintenance Effectiveness Award for the Medium Maintenance category.
 - The 62nd Contracting Squadron was honored as the Outstanding Contracting Unit (small) as part of the 2008 AMC Contracting annual award winners.
 - 1st Lt. Kellen Logan, 62nd CONS, was recognized as an outstanding contracting officer for AMC.
- If your squadron received an AMC-level annual award, contact the 62nd Airlift Wing public affairs office at northwestairlifter @mcchord.af.mil.

Joint Winter Safety Campaign stresses safety in driving, outdoor recreation

By
Tyler Hemstreet
Staff writer

In collaboration with the Defense Department's Joint Winter Safety Campaign, which began Dec.1 and runs through Feb. 28, safety officials here are asking Airmen to use extra caution while driving and partaking in outdoor activities.

The Air Force is working with other military services to unite their collective resources in the war against fatal mishaps. The target audience continues to be those under age 26, who averaged 62 percent of fatalities during recent winters, according to the Air Force Safety Center.

The DoD's leading cause of death remains automobile and motorcycle mishaps. During the Fall Safety Campaign, 15 Airmen died in preventable mishaps. Forty-seven Airmen died from December through February in the last three years, with vehicle-related fatalities accounting for 63 percent of that total. Twenty percent of those Airmen were female, and 19 percent were on leave, according to the center.

The recent large winter storm here really strikes home the fact that Airmen need to be careful out on the roads, said Ken Heath, 62nd Airlift Wing chief of ground safety.

"We had a number of incidents of rollover accidents," Mr. Heath said. "Fortunately, no one was seriously

injured."

To avoid those types of incidents, safety officials are advising Airmen to allow more time for their morning commute, allow a larger following distance between the cars in front of them and simply slow down.

The same "take it easy" mentality applies when it comes to winter outdoor recreation and activities such as snowmobiling, skiing and snowboarding, Mr. Heath said.

Wearing the proper safety equipment and staying within the limits of one's abilities is key to staying safe, he said.

"When you start to get tired and are thinking about doing one more run, it's a good idea to stop," Mr. Heath said. "On the last few runs toward the end of the day is usually when people start getting hurt."

Safety officials are also encouraging leaders at all levels to continue to emphasize safety during the Winter Safety Campaign — especially prior to Airmen going on leave.

Leadership tools are available online at the Winter Safety Campaign site at [http://afsafety.af.mil/SEG Winter%20Campaign/Winter_Campaign_2008.shtml](http://afsafety.af.mil/SEG%20Winter%20Campaign/Winter_Campaign_2008.shtml) for military users and at <https://www.my.af.mil/gcss-af/USAF/ep/globalTab.do?channelPaid=-336215&command=org> for AF Portal users, to help your mishap-prevention efforts, along with links to other DoD service safety sites.

(Information from an Air Force Safety Center release was used in this story.)



Airborne Maintainers

Senior Airman Alexander Osborn, 7th Airlift Squadron, along with a member of the 62nd Maintenance Group maintenance response team, back a government vehicle into a C-17 Globemaster III for transport to McChord from Moses Lake Jan. 1. The MRT drove two vehicles to the area to fix a disabled aircraft. After repairs were made, vehicles and maintenance team hitched a ride back to McChord courtesy of the combat airlift transportation giant, the C-17.



62nd Airlift Wing focus areas align under Air Mobility Command priorities

Editor's note:

62nd AW focus areas are green, while AMC priorities are blue.

WIN TODAY'S FIGHT

We must increase our velocity and capacity to execute mission delivery through global airlift, personnel and cargo deployment. On the manpower front, we must improve expeditionary combat support through enhanced Airmen readiness, equipment, training, education and advocacy. Through the application of "lessons learned", we must work toward improving the security and integration of C4 and information technology systems. Finally, promoting task and mission safety through effective operational risk management and continuous process improvement must also be accomplished.



Combat skills training prepares Airmen to deploy as expeditionary warriors.

Win Today's Fight as Part of the Joint/Coalition Force

PREPARE FOR THE FUTURE



AFSSO 21 initiatives save the Air Force time and money.

Supporting emerging mobility and information strategies; identifying, communicating and developing capabilities, partnerships and requirements to enhance global reach are top priorities. Next, increasing resource effectiveness, efficiency, and savings through Air Force Smart Operations 21 and continuous process improvement are imperative to accomplishing the goal of preparing for the future.

Prepare Mobility Forces for the Future



DEVELOP & CARE FOR OUR AIRMEN & FAMILIES

Develop & Care for our Airmen & Families



Base child development centers provide support to Airmen and their families.

There must be an effort put forth to improve the quality of service for our Airmen through family and community support as well as continuous installation improvement. Also of paramount importance is developing professional, disciplined Airmen through training, education, health, fitness and promotion. Improving stability and predictability of deployments for our Airmen through enhanced integration with the Air Expeditionary Force tasking processes is also key.

Optimize Mobility Partnerships

OPTIMIZE PARTNERSHIPS



Events such as the McChord Air Expo optimize our partnerships with both the community and our sister services.

Pursuing synergies in order to foster and strengthen Team McChord's world-renowned culture of partnership success is vital to maintaining excellence. We must also continue to actively partner Team McChord with Fort Lewis to produce installation support excellence. Improving communication and sharing of "best practices" with associate organizations is also key.

Enhance Nuclear Mission Support

PROVIDE PRIME NUCLEAR AIRLIFT FORCES

We must continue to set the standard for compliance with nuclear surety and inspection requirements in the wing's number one, no fail mission. Preserving the wing's outstanding stewardship of the nuclear enterprise through safe, secure and reliable nuclear airlift, Personnel Reliability Program, and training in support of our Department of Defense and Department of Energy partners is also a top priority. Lastly, we must reinforce our culture of excellence, accountability and rigorous self-assessment.



Prime Nuclear Airlift is the wing's number one, no fail mission.

Air Force Band gets ready to support presidential inaguration mission

By
Donna Miles
American forces Press Service

ANDREWS AIR FORCE BASE, Md. — “Welcome to one of the greatest moments of your career.”

With those words, Air Force Col. Dennis M. Layendecker, commander, music director and conductor for the U.S. Air Force Band, impressed on his Airmen the importance of their upcoming mission supporting the presidential inauguration.

“This is a historic moment for our country,” Layendecker told the musicians, assembled nine across and 11 deep in the 459th Air Refueling Wing’s Hangar 11 for a 6 a.m. rehearsal session.

“It’s a great example to the world of what it means to have a peaceful transition of power,” he said.

The Air Force Band will join the other military service bands to march from the U.S. Capitol to the White House during President-elect Barack Obama’s inaugural

parade Jan. 20, said Air Force Capt. Christopher Moore of the Armed Forces Inaugural Committee.

The U.S. Army Band, known as “Pershing’s Own,” will go first along the 1.5-mile parade route as part of the presidential escort formation. The Army Field Band also will march in what organizers refer to as the first “division,” or segment, of the parade.

“The President’s Own” U.S. Marine Corps Band will be on stage at the Capitol for the swearing-in ceremony, then march down Pennsylvania Avenue as part of the second parade division. The U.S. Navy Band will follow in the third division.

As the youngest of the premier military bands, with a heritage dating to 1941, the U.S. Air Force Band will march in the fourth division.

The Air Force Band will be in the last contingent of armed forces bands, with only the U.S. Coast Guard Band to follow, Air Force Chief Master Sgt. Elizabeth Schouten, the band’s superintendent, said. “The way we see it, they’re saving the best for last,” she added with a smile.



Courtesy photo

Hoop it up

Col. Jeffrey Stephenson, 62nd Airlift Wing commander, far right, presents a trophy to McChord teens during the second annual Teens vs. Cops and Firefighters Basketball Tournament held in the fitness center here Dec. 19. The McChord teens defeated the McChord fire department in the opening game, but later lost to a team of 62nd Security Forces Squadron Airmen.



Deployed McChord Airman ‘downsizes’ at Manas

By

Tech. Sgt. Michael Voss
376th Expeditionary Wing
Public Affairs

MANAS AIR BASE, Kyrgyz Republic (AFPN) — When you ask someone what they can accomplish in six months — just 24 short weeks — they may say something like, “I plan to finish a couple college courses,” or, “I’m going to read a couple books,” or perhaps “tour a little.”

Many may say they are going to get in shape, but what do they mean when they say “get in shape?” Six months is not enough time to get in shape, is it?

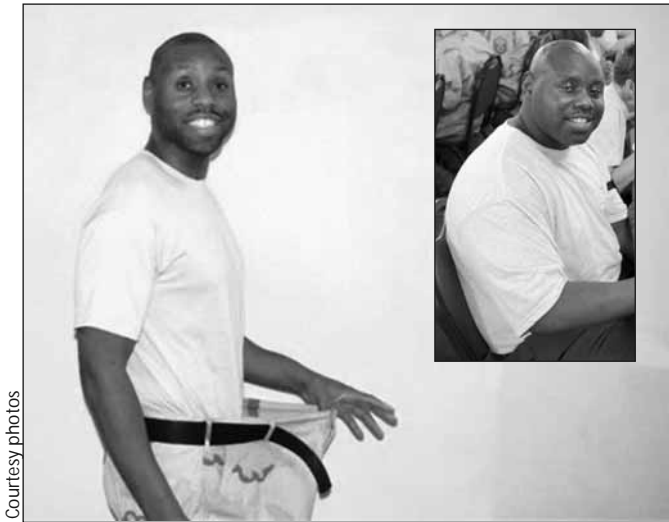
One Airman set out just 180 days ago to do just this, to get back into shape after years of inactivity.

Senior Airman Jarvis Johnson, 62nd Aerial Port Squadron, remembers the day he made up his mind to get fit. Before heading to Manas, Airman Johnson attended a week long Combat Skills Training Course. During the course, he had tried to put on a flak vest. At nearly 300 pounds, he knew he would need a large one but had no idea that the readiness squadron would not have anything that would fit, not even the largest size available, a 3X. This experience would stay fresh in Jarvis’ mind.

Upon arrival at Manas, Airman Johnson decided this would be the last time he would wear 44-inch pants with a waist circumference of 47. This also would be the last time his family and wife of 17 years would see him so badly overweight.

“I knew I was unhealthy and had to make some changes, especially when I thought about my five-year-old looking up at me,” said Airman Johnson. “Without changes, I wouldn’t be around to see him and my daughters grow up.”

During his first days at Manas, Airman Johnson attended the wing Right Start briefing and listened as Col. Christopher Bence, 376th Expeditionary Wing commander, said, “you can leave here how you like.” First, he showed pictures of a person who arrived thin, ate too much and left extremely overweight. “Or,” he said, “you can leave like this.” He showed a pic-



Senior Airman Jarvis Johnson, assigned to the Expeditionary Logistics Readiness Squadron at Manas Air Base, Kyrgyz Republic, shows off the new him. Airman Johnson arrived at Manas weighing 295 pounds, but had already decided to make some changes during his six month deployment. During his time at Manas, Airman Johnson lost 125 pounds and took 14 inches of his waist.

ture of an Airman who came to Manas overweight and lost 75 pounds.

While Airman Johnson was impressed by the slide, he already had made up his mind to lose weight. But now, he had a firm goal.

“I wanted to lose somewhere around 75 pounds, but I said to myself, I can beat that,” said the father of three. “I told Colonel Bence right there; I said I am going to be the one you brief about in six months, the one who lost the weight.”

He remembers it wasn’t always like this, being overweight. A football linebacker, basketball and track star throughout high school, he was always athletic. When he enlisted in the military he was a tall 6’1” and 169 pounds.

Then in 2004 he tore his Achilles tendon, an extremely painful injury which caused him to be unable to do any type of physical activity. Quickly, he began to put on more and more

weight during the time Air Force physical fitness monitors were conducting the cycle ergonomic test versus the mile and a half run currently required.

“I am a steak and potatoes kind of guy,” said Airman Johnson. “When the mile and a half run went away and the Air Force went to (cycle ergometry) you didn’t have to run, so I didn’t. I was passing the ergo test, but I knew that I could not have passed the run. I was easily packing in 5,000 calories a day!”

In June, the 35-year old took to walking on the treadmill in the base gym, at first only 30 minutes a day. But he also cut out fried foods. Eventually he moved to the elliptical machine. He successfully changed what and how he eats. He stopped eating fried foods all together, and began drinking water.

“I decided to try the five little meals versus one big meal a day,” said Airman Johnson.

Now nearly six months later, the man who just 180 days ago could not fit into the largest available flak vest is working-out, sometimes three times daily. He has moved from using the elliptical machine 30 minutes a day to an hour at the highest level. He also is jumping rope for 20 minutes straight along with twice a week sprints on the basketball court.

He has lost 125 pounds, is down to 165 pounds and has taken 14 inches off his waist.

And as returning Airmen look forward to seeing their loved-ones’ eyes when they get off that plane back home, Airman Johnson’s wife, Jasa, has got something else to look forward to: a “small” surprise.

Nearly letting the proverbial cat out of the bag in July, Airman Johnson sent home a picture of himself. His wife took notice and asked if he had been losing weight? To which he replied, “If anything I have been gaining.” Immediately he sent her a photo he had taken earlier, and he has been doing the same the entire deployment.

Due to return home soon, and nearly half the man he used to be, Airman Johnson is thankful for his new, healthy lifestyle.

“You can’t imagine how good this feels,” said Airman Johnson.



Airmen encouraged to compete in video commercial contest

By
Air Mobility Command
Public Affairs

Airmen have the opportunity to be creative and produce a professional quality 27-30 second video for use as an Air Force recruiting and retention product. AMC Airmen must upload their videos to the AMC folder no later than Jan. 16 at <https://afkm.wpafb.af.mil/ASPs/CoP/EntryCoP.asp?Filter=AF-SC-01-38>.

Video Submission Guidelines
— Send a high quality recruiting video for possible use in the next Air Force recruiting and retention advertising campaign.
Don't
• Send videos with a soundtrack or background music (though suggestions are welcome).
• Send videos that violate Air Force code of ethics standards.
File Size: Videos should be between 27-30 seconds long and no larger than 40mb.
27-30 second length is due to tele-

vision commercial lengths
Dimensions: The minimum video dimensions we will accept are 640x480.
Format: Acceptable video formats:
• QuickTime
• MPEG1
• MPEG4
• Windows Media
• AVI
Preferred Specifications:
Windows Media Video 9. Total bit rate of 700kbps at 480x360
QuickTime (MPEG4 h.264 codec). Total bit rate of 700kbps at 480x360

Copyright Infringement: Please avoid filming anything that could be construed as copyright infringement. This includes, but is not limited to:
• background music
• visible logos
• endorsing a product
• using any video footage that does not belong to you
Publicly available multimedia:
• Video: www.dvidshub.mil, www.defenseimagery.mil, www.af.mil
• Images: www.defenseimagery.mil, www.af.mil
• Music: www.usafband.af.mil



VA launches partnership to benefit veterans

WASHINGTON (AFNS) — Department of Veterans Affairs officials have launched a new partnership to help non-government organizations, or NGOs, plan, improve and carry out their own programs on behalf of veterans, their families and their survivors.

“VA has a track record of success in working with non-profit groups and businesses that have their own programs for veterans, but we can do more,” said Secretary of Veterans Affairs Dr. James B. Peake. “By tapping into the power and resources of NGOs, we can ensure more veterans, families and survivors receive not only VA services, but also other assistance in their own communities.”

Under the new NGO Gateway Initiative, launched Wednesday with the Veterans Coalition Inc., a non-profit organization formed

more than two years ago by several major national veterans groups, the Veterans Coalition is available to assist NGOs in identifying the unmet needs of veterans, families and survivors, working with VA to help minimize duplication of effort and confusion among NGOs with programs for veterans.

In addition, the program will encourage continuous feedback from NGOs on issues such as physical and mental health, employment and satisfaction with government services and benefits affecting veterans.

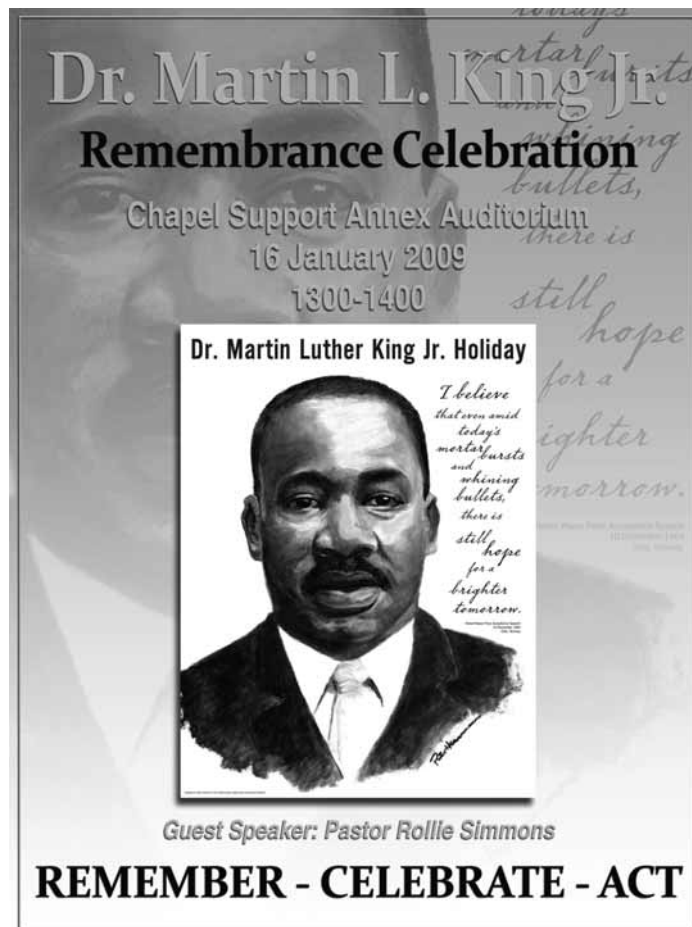
"The Veterans Coalition is dedicated to marshalling energy and resources from all communities to better serve service members, veterans and their families," said Harry Walters, chairman of the Veterans Coalition and former administrator of the Veterans Administration. "Together we

can do a better job than any of us can do alone."

VA officials will provide a senior-level, career federal employee to serve as an ombudsman to assist NGOs with their programs to serve veterans. To ensure a cooperative relationship, VA's deputy secretary will serve as a non-voting advisory liaison to the group's board of directors.

VA officials have a long tradition of working with national veterans service organization representatives on programs benefitting all veterans. They also have had close relationships with private-sector groups, churches, charities and other non-profit organizations that provide housing for homeless veterans. This new gateway initiative is one more way to extend services to veterans.

(Courtesy of VA News Service)



Quarterly awards banquet

The 62nd Airlift Wing awards banquet for fourth quarter 2008 is 11 a.m. Thursday at the McChord Clubs and Community Center. The deadline to sign up is today. For more information, visit: <https://einvitations.afit.edu/McChord4Qtr08AwardsLuncheon>.

Annual Awards Banquet

The 62nd AW annual awards banquet is 6 p.m. Jan. 29 at the McChord Clubs and Community Center. For more information, contact Master Sgt. Timothy Wood at 982-5823 or Master Sgt. Gary Willis at 982-6996.

Tax center opens

The McChord Tax Center opens for business the last week in January. The specific date has not been determined at this time. For more information, call 982-5512.

Weather advisories

Call 982-TALK for winter weather advisories and delayed reporting information.

McChord Clinic inclement weather policy

The McChord Clinic staff follows base guidance during inclement weather conditions. During delayed reporting, clinic doors open as soon as there is enough staff in the building to safely operate the clinic. Appointments are rescheduled as necessary.

2009 women's conference

Registration begins Jan. 24 and remains open until Feb. 14 for the 2009 women's conference on March 13 at the Stone Education Center on Fort Lewis. The childcare registration period is Jan. 26 to Feb. 20. The event is open to all Department of Defense ID card holders. For more information, e-mail Ft.LewisWomens_Conference@yahoo.com or call 407-4071.

FTAC in-processing now online

All first term Airmen arriving from technical training must register via the Team McChord Professional Development Community of Practice at

<https://afkm.wpafb.af.mil/ASPs/CoP/OpenCoP.asp?Filter=AM-DP-00-16>. For more information, call 982-6682.

New housing gate hours

The Woodbrook housing gate is open 6 a.m. to 6 p.m. weekdays. For more information, call the 62nd Security Forces Squadron at 982-5100.

Madigan Annex Traumatic Brain Injury Program classes

TBI Program Education Series classes for educators and healthcare providers are offered Thursdays at the Madigan annex. For more information, call the call the TBI Nurse Educator, Lindy Peterson, RN, MN at 968-3161.

Law enforcement desk relocating

The 62nd Security Forces Squadron relocated the Law Enforcement desk to Bldg. 1305 during renovation of Bldg. 7. Phone numbers remain the same. For assistance call 982-5625 or 982-5624. For emergencies call 911 or the crime stop line at 982-5777.

New hours at McChord Clinic

The McChord Clinic doors open at 7:20 a.m. instead of 7 a.m. Pharmacy windows open at 7:30 a.m. and close at 5 p.m.

MPF customer service hours

Customer service hours for all military personnel flight services are 9 a.m. to 4:30 p.m. weekdays. Services are available 7:30 to 9 a.m. for appointments and emergencies only.

Virtual out-processing applications

The virtual out-processing application available online through the virtual military personnel flight is mandatory for active duty members. Appointments for final out-processing, retirements and separations are available.

Customer service new hours

Customer service hours for passports and in-processing have changed. Passports are from 9 a.m. to 3:30 p.m. for walk-ins and 3:30 to 4 p.m. for



McChord Chaplain Corps Faith & Worship Programs

For more information on Chapel services and programs, please call 982-5556.

To contact Duty Chaplain after duty hours, contact the Command Post at 982-2635

CATHOLIC SERVICES and RELIGIOUS EDUCATION: All Catholic services are in chapel two. Saturday: 4 p.m. Confession: Chapel 2, Bldg. 181 5 p.m. Mass: Chapel 2, Bldg. 181 Sunday: 9:30 a.m. Mass: Chapel 2, Bldg. 181 11 a.m. Mass: Chapel 2, Bldg. 181 12:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746 Monday: 12:00 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746 Wednesday: 6:30 p.m. Faith Formation: 1st,2nd & 3rd Wednesday of the month: Chapel Support Center, Bldg. 746 6:30 p.m. Why Catholic? Small Group Study: Chapel Support Center, Bldg. 746	PROTESTANT SERVICES and RELIGIOUS EDUCATION: Sunday: 8:30 a.m. Liturgical Worship: Chapel 1, Bldg. 180 9:45 a.m. Sunday School: Chapel Support Center, Bldg. 746 11 a.m. Traditional Worship: Chapel 1,Bldg. 180 11 a.m. Contemporary Worship: Chapel Support Center, Bldg. 746 JEWISH SERVICES: Friday: 6 p.m. Every 1st, 3rd & 5th Friday of the month: Ft Lewis, Chapel 5, Bldg. T-2270 OTHER PROGRAMS: The following Chapel programs take place at the Chapel Support Center, Bldg. 746. Tuesday: 9:30 a.m. Mothers of Preschoolers (MOPS); 2nd & 4th Tuesday of the month 6 p.m. Mothers of Preschoolers (MOPS) Bible Study; 1st, 3rd & 5th Tuesday of the month Wednesday: 11 a.m. Adult Bible Study
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appointments and emergencies only. In-processing is now 9 a.m. to noon for walk-ins and 7:30 to

Briefs continued on next page



9 a.m. and 1 to 4 p.m. for appointments and emergencies only. Hours for all other services remain the same.

Community response

Have a concern, question or complaint? E-mail the action line <http://public.mcchord.amc.af.mil/main/contactus.asp>. The inbox is monitored daily and inquiries are sent to the appropriate base agency for response. Team McChord is encouraged to use this system to resolve issues, after first using

the chain of command.

CAC security concerns

Airmen are reminded not to not allow any person in an unofficial government capacity (i.e. commercial) take control of, scan, swipe or photocopy common access cards.

Contact us

Have a question or concern? Email us at northwestairlifter@mcchord.af.mil.

When working with classified information, keep security in mind at all times! Use approved OPSEC, EMSEC, COMPUSEC and Info Protect facilities and equipment only!



Photo by Abner Guzman

A photograph showing a large military aircraft, likely a C-17 Globemaster III, on a tarmac. Several ground crew members in flight suits are visible around the aircraft, some near the tail and others further back. The aircraft is white with blue markings. The background shows a clear sky and other parts of the airfield.

Airmen are encouraged to call 982-TALK for winter weather advisories and delayed reporting information.